



# SEPTEMBER | 2018

## St Rose School Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 No School	4 Egg, Sausage and Cheese WG English Muffin Cubed Hash browns Banana Milk	5 Turkey and cheese Sub Baked Lays chips Baby Carrots with Ranch Strawberries Milk	6 Cheeseburger WG Bun Baked Beans Orange Sections Milk	7 Pizza Tossed Salad Grape Tomatoes FF Dressing Apple WG Cookie Milk
10 Chicken Nuggets Cooked Carrots WG Roll Apple Sauce Milk	11 Sloppy Joe WG Bun Smile Potatoes Cucumbers with Ranch Banana Milk	12 Chicken Patty Sandwich WG Bun Cheesy Potatoes Celery Sticks with Ranch Juice Box Milk	13 Walking Taco WG Doritos Lettuce, Tomato, Cheese Salsa and Sour Cream Refried Beans Pear Milk	14 Pizza Tossed Salad Grape Tomatoes FF Dressing Apple WG Cookie Milk
17 Lasagna Roll up Green Beans WG Breadstick Apple Milk	18 Bag Lunch Turkey Sandwich Bag of Chips Piece of Fruit Baby Carrots with Ranch WG Cookie Milk  <i>Lunch for students only</i>	19 BBQ Chicken Breast WG Corn Bread Broccoli Cucumber Slices with Ranch Sidekick Milk	20 Hot Dog WG Bun French Fries Ketchup Steamed Carrots Pear Milk	21 Pizza Tossed Salad Grape Tomatoes FF Dressing Apple WG Cookie Milk
24 Corn Dog Cooked Carrots Tossed Salad FF Dressing Juice Box Milk	25 Pepperoni Calzone California Blend Banana Milk	26 Cheese Omelet Biscuit Cubed hash Browns Apple Milk	27 Beef Taco WG Tortilla Lettuce, Tomato Cheese Salsa and Sour Cream Refried Beans Orange Sections Milk	28 Pizza Tossed Salad Grape Tomatoes FF Dressing Apple WG Cookie Milk

**Lunch Times**  
**11:30am – 12:00pm**  
**12:05pm – 12:35pm**

**Meat/Alternate**  
**Grades k-5 8 oz. Weekly**  
**Minimum 1oz per day**  
**Grades 6-8, 9 oz. weekly**  
**Minimum 1oz per day**  
**Grades 9-12 10 oz. weekly**

**Grain/Bread**  
**Grades k-5 8 oz. weekly**  
**Minimum 1oz per day**  
**Grades 6-8 8 oz. weekly**  
**Minimum 1oz per day**  
**Grades 9-12 10 oz. weekly**  
**Minimum 2oz per day**

**Fruit**  
**Grades k-8 ½ cup Daily and 2 ½ cups weekly**

**Vegetable**  
**Grades k-8, ¾ cup Daily and 3 ¾ cups weekly**  
**Grades 9-12, 1 cup daily and 5 cups weekly**

**Milk**  
**1 cup 1% or Fat Free**